Layoffs come amid CP strike

More than 2,000 employees losing their jobs PAGE 6

IT'S A GIRL!

MEGAN FOX, ALREADY A STEPMOM TO HER HUSBAND'S 10-YEAR-OLD SON, REPORTEDLY WILL HAVE HER OWN DAUGHTER PAGE 14

SASKATOON metro®

Thursday, May 24, 2012

News worth sharing.

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Camilla, the Duchess of Cornwall, is greeted by children at the legislature in Regina on Wednesday. The Royal couple are on a four-day visit to Canada to mark the Queen's Diamond Jubilee. PAUL CHIASSON/THE CANADIAN PRESS

Royal reception for Royal couple in Queen City

Fanfare. Prince Charles and Camilla arrived in Regina — named after Queen Victoria — on Tuesday night

Prince Charles and his wife Camilla received a warm welcome from a few hundred people who gathered in the wind and rain to greet them at the Saskatchewan legislature Wednesday.

The Royal couple, each carrying an umbrella, took a few moments to shake hands and meet with some of the well-wishers.

Charles braved the weather without a jacket over his grey suit, but the Duchess of Cornwall was wearing a smart off-white coat over a blue Fiona Claire dress.

Renae Grubb of Regina stood outside in the wind and rain to see the Royal couple. A British flag tucked into her ball cap frantically waved in the wind.

Quoted

"Over the past three days, I can say from the heart that we have both been incredibly moved by the stories of the literally hundreds and hundreds of Canadians we have met who have selflessly served their communities without thought of recognition or thanks."

Prince Charles, in remarks after the presentations of six Diamond Jubilee medals

"I'm very cold," she said. "But it was worth it."

Grubb got to meet the Queen when she visited Regina in 2005 and wanted to snap some photos to commemorate this visit, too.

Charles and his wife then entered the building where they were accompanied to the chamber for the official greeting from Premier Brad Wall.

Wall joked about the bad weather and quipped about some of the things the province is known for: A long winter, lots of mosquitoes and the difficult spelling of the province's name.

He also announced the renaming of the Prince of Wales scholarship to include the Duchess of Cornwall's name.

Prince Charles, wearing the Order of Merit of Saskatchewan, then presented six Diamond Jubilee medals for service to community and country. The recipients represented several generations, from the young to a 91-year-old.

While at the legislature they viewed artifacts from a time capsule that has been opened to mark the legislature's 100th anniversary this year. They also unveiled a plaque commemorating the anniversary and the Queen's Diamond Jubilee.

THE CANADIAN PRESS

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NEWS

On the web

To catch an alleged thief, press play

A man whose camcorder was briefly stolen has found a way to get back at the suspected thief: He uploaded to YouTube a video that the suspect took with the camera, a clip in which the man reveals his name, shows his face and admits he stole the camera. Watch at metronews.ca.

Wedding with a twister

An outdoor wedding ceremony in rural Kansas made for some memorable wedding photos. Watch at metronews.ca as Caleb and Candra Pence say their vows while a massive tornado touches down behind them.

Mobile news

It's not all bad news for Facebook this week. A recent project that monitors hate postings on social-media sites has given the popular site an A- and YouTube a C-. Scan the code for more.

Hells Angels' national run may end up in Saskatoon

'Show of force.' Biker gathering aims to send message to other gangs of the Hells Angels' strength, police expert says

MORGAN MODJESKI
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Every year, Hells Angels from across Canada gather for the club's cross-Canada run and this year Saskatoon is the likely destination.

The run, expected in July, could bring up to 250 Hells Angels to Saskatoon, as the event involves 29 chapters from coast-to-coast.

Len Isnor, detective sergeant with the Ontario Provincial Police biker-enforcement unit and an expert on outlaw motorcycle gangs, said the run serves a number of purposes for the club and that includes sending a message to other outlaws.

"The gatherings have many reasons," said Isnor. "What it does is basically send a message to the community and also to the criminal culture that this is their town — 'This is the strength that we have and we can call upon the strength when we need it.'

"It's a show of force," he said, later adding motorcycle gangs are "very territorial."

"It's a message to other gangs basically saying, 'This is the Hells Angels, our organization is in over 30 countries, over 400 chapters with 4,000 members worldwide — this is what we have in Canada and this is what we can call upon at any time.'"

Alongside a showing of strength, the rally also serves as a chance for members to communicate away from police surveillance.

"They fear we may be able to intercept other means of communication, so they always feel safe when they communicate face-to-face," said Isnor.

Const. TishaRae Stonehouse with the Saskatoon Police Service said they're aware "something is in the works" in terms of the run, but said the SPS is still seeking a commitment in terms of dates from the Saskatoon chapter of the Hells Angels.

"Nothing has been confirmed," said Stonehouse. "We're really waiting for firm commitment from that organization regarding dates.

"We'll continue to approach it as we would any large event in the city."

Saskatchewan is home to two chapters of the Hells Angels in Saskatoon and Regina.

The Hells Angels' Saskatoon chapter could not be reached for comment before deadline.

The infamous winged skull representing the Hells Angels Motorcycle Club stands out against a grey sky at the Saskatoon chapter's clubhouse on Avenue Q South. MORGAN MODJESKI/METRO

As Saskatoon grows, so does the crime

A plaque marks the Hells Angels clubhouse, showing that the group has been in Saskatoon since 1998. MORGAN MODJESKI/METRO

A growing city brings a booming economy, more employment opportunities and new developments cropping up everywhere. But it also means more crime — and different kinds of crime.

With the number of incidents involving firearms already sitting at 42 for 2012, Alyson Edwards, director of public relations for the Saskatoon Police Service, says that crime is changing in the city.

"The number of violent crimes is actually decreasing," she said. "But what has been a concern is not necessarily the number of incidents but that they are happening with a greater level of violence."

Edwards says a growing city will attract a larger criminal element. And as our city continues to grow, Saskatoon could see an increase in organized crime, which has kept a relatively low profile.

Organized crime should not be confused with gang activity.

Edwards said that organized crime is defined as "groups of criminal associates, primarily treating crime as a business."

"Where there's money, there's organized crime," said Const. Michael Tamlin, of the RCMP Drugs and Organized Crime Awareness Service. "As we become a 'have' province, absolutely there will be an influx of organized crime."

Referring to the possible upcoming Hells Angels rally in Saskatoon, Tamlin said that they will probably maintain a low profile.

"They're not in it for the notoriety. They're in it to make money. It's a business," he said.

The Saskatoon Police Service has been working with the RCMP through a variety of integrated services to help ensure that crime rates stay low and to discourage new criminal elements from entering the city and taking root.

"We have seen attempts made," Edwards said. "But we have been successful at discouraging them. It's not unexpected, but everything that we do, all the moves we make is in anticipation.

"We're not reacting — we are able to stay on top of it."

Established in 2006, the Combined Forces Special Enforcement Unit is a collaboration between the RCMP "F" Division and the SPS, aiming to investigate and deter organized-crime and gang activity in the area.

Jeff Pearce, author of the book Gangs in Canada, says that community groups such as Regina's Anti-Gang Services are pivotal in deterring gang and organized-crime activity in urban areas.

"Cities have to start to think in terms of police forces and community groups working together," Pearce said.

JANE CAULFIELD/METRO

Local chef looking to own the podium at Culinary Olympics in Germany

Food fight. Julian Helman will be one of about 2,000 chefs competing for gold in Germany this fall

DORIAN GEIGER
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From his teenage years hanging out at Taco Time in Saskatoon, chef Julian Helman has come a long way in his quest to become one of the city's most celebrated culinary artists.

Helman, 30, a resident chef at French-inspired Truffles Bistro and Patisserie in downtown Saskatoon, is the city's newest Olympian. He will travel to the Culinary Olympics in Erfurt, Germany, in October to compete for Team Manitoba at the regional level of the competition.

"It's hard to get excited yet because it seems like there is still quite a bit of work to be done," Helman said recently. "To present the food and represent the region and the country will be exciting, but it'll also be great that I will get to go and learn from a different culture."

Quoted

"To present the food and represent the region and the country will be exciting, but it'll also be great that I will get to go and learn from a different culture."

Julian Helman, member of Team Manitoba

Putting the world's most elite chefs to the test on the international stage, the Culinary Olympics, also known as the International Exhibition of Culinary Art, began in Frankfurt in 1900. Then, the competition involved just four nations.

The Germans, looking to expand their culinary horizons, wanted to showcase the best dishes from around the globe while also promoting German cuisine. Today, the Culinary Olympics is the largest competition of its kind in the world, drawing nearly 2,000 chefs from as many as 50 countries every four years. Unlike the regular Olympics, the event is always hosted by Germany.

Throwing Helman into a situation reminiscent of the popular reality TV show Hell's Kitchen, the Culinary Olympics will challenge his culinary abilities to the fullest degree.

Cooking is second nature to Helman, who has been kicking around kitchens for almost as long as he's been able to tie his shoes. His father, Lee Helman, is a former culinary instructor at the Saskatchewan Institute of Applied Science and Technology and in 2003 he founded Truffles, ranked the best restaurant in Saskatoon on Tripadviser.com.

The younger Helman received his red-seal culinary certificate at SIAST in Saskatoon. He specializes in desserts and consummated his passion for pastry at Canada's Culinary Institute in Charlottetown. (His favourite dessert? Vanilla ice cream, he says.)

Living in a city nicknamed the Paris of the Prairies, Helman thinks it's only fitting that he's based his career around French-style cuisine.

"It's fairly deep-rooted in French tradition," he said. "That's kind of the way I was trained. It's pretty much standard — most textbooks you have when you go to school have French-derived ingredients and recipes."

Helman will finally have the chance to visit France — the place he considers the cradle of culinary civilization — and sample its food culture when he goes to Europe in October.

The Culinary Olympics take place from Oct. 6 to 17.

Follow Dorian Geiger on Twitter @dgiegs

Julian Helman, Saskatoon's Culinary Olympian, prepares a mango torte at Truffles Bistro on Tuesday. DORIAN GEIGER/METRO

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Saskatoon's A Group of Seven serves up vibrant art show

Geoff Warrington is one of the photographers who make up A Group of Seven. DORIAN GEIGER/METRO

Collaboration. Young photographers join forces for first show

DORIAN GEIGER
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A Group of Seven is a fresh collective of visual artists who are focused on bringing Saskatoon's diverse photo-art scene to life.

Local photographers Chad Coombs, Kaid Ashton, Amber Buchholz, Geoff Warrington, Devon Hanofski, Dylan McAmmond and Jeremy Marucot are the faces of A Group of Seven.

The collective organized its first art show at Flint Bistro and Saloon on Sunday. A total of 29 images were on display at the exhibit. Live performances from local DJs Charly Hustle and Conky Showpony lent to the event's party-esque feel, as upwards of 100 art enthusiasts flooded through the doors over the course of the evening.

Coombs said a vibrant atmosphere was important for the show's success.

"I dislike art shows where it's quiet, stuffy and everyone spends more time reading what's written by the artists or galleries than they do actually experiencing the art.

"For me, art shows should always be just as much socializing as anything else," he said.

Co-ordinating an art show with a collective of people was a concept that Coombs thought would inject some fun into an event that has traditionally been overly formal.

"My art shows are always just as much about being a party and entertaining as they are what's on the walls, and I thought it would be fun to do a group show instead of a solo show. More people equals more fun. Also, there aren't enough local art shows in town so I got a group of photographers in on the idea, which happened to be seven people and the idea was born," said Coombs.

Buchholz also enjoyed the concept of a collective art show.

"It was awesome. It's fun collaborating and learning from each other," she said.

Capturing people's true facial expressions is what Buchholz's work strives to accomplish. One of her images, Citrus Dream, involves a semi-submerged male subject with an oxygen mask over his face in a bathtub surrounded by floating fruit. Buchholz explained that bathtubs have become a motif within her portfolio.

"That's kind of like a series I just started. I've done four shoots with people in bathtubs and fruit," she added.

Look for the posse of photographers to join forces with each other on future projects in the Paris of the Prairies.

Follow Dorian Geiger on Twitter @dgiegs

Artist spotlight

Capturing controversy through lens

Geoff Warrington is a 22-year-old A Group of Seven artist whose image Terrible Terry was one of the more controversial works at Sunday's show. Splattered in blood, apron-clad and brandishing a chainsaw is the male subject of Warrington's staged portrait.

"Terrible Terry was influenced by the television show Dexter. He's kind of a closet maniac. I wanted to make it gritty. I wanted something that was eye-catching and controversial," said Warrington, who also operates his own T-shirt-printing company in Saskatoon.

Warrington's craving for controversy has been fueled by A Group of Seven organizer Chad Coombs, whose work — though celebrated — has often raised eyebrows.

Warrington's roots stem from Saskatoon's skateboarding culture and his work has been featured in Skateboarding Canada.

"I grew up shooting skateboard photos so a lot of my stuff is based on composition and lighting and whatnot. It has an urban influence," he said.

Warrington's other print for A Group of Seven was entitled Ayy J.J. A parody of a hip-hop album cover, Warrington's subject is framed against a white background. His subject's facial expression and a prop Hennessy bottle capture the party-rock arrogance of rappers and other mainstream hip-hop artists.

DORIAN GEIGER/METRO

Huskies V-ball player ready to contend for Canada's Pan Am team

Huskies volleyball player Braden McLean is hoping experience at the Pan Am Games in the Dominican Republic this summer will contribute to his university club's success in the 2012-13 Canadian Interuniversity Sport regular season.

"I'm pretty excited to be training with the highest level of athletes," said the fourth-year kinesiology major.

Out at a 44-player Volleyball Canada national B team tryout camp held in Gatineau, Que., earlier this month, McLean managed to impress team scouts, earning himself a place on the current 21-player roster, which will be whittled down to 12 in time for the tournament taking place July 7 to 15.

The Huskies men's volleyball team served up a dismal 4-16 record last season. The experience McLean will bring home could prove invaluable.

"It will be huge coming into next year," said McLean. "Fourth year is a big year. Our program has all the pieces that we want and the experience I will bring back from this summer will come into effect next season and I take on a bigger role with the Huskies."

Already coming off a career-best season with 179 attacks and a team-high 80 blocks, the 21-year-old middle from Birch Hills has a good chance of cracking the lineup. His experience on the 2011 national junior team should also fuel his quest to make it to the Dominican Republic this summer.

McLean's one of six middles vying for a position on the national B team and it's likely that the team will scratch three players from this position. McLean, who will remain training in Quebec until July, said the competition has been stiff.

"It started off with a bang. It's been going strong since the get-go. Everyone wants to make the travel roster and it's pretty damn intense so far," said McLean.

Huskies head coach Brian Gavlas was impressed by McLean's cracking of the 21-man roster.

"I think him being chosen for the team is quite a testament to his rapid rise of development in the last little while. He obviously performed quite well and certainly raised some eyebrows to be named to the national B team roster because there are a lot of fairly good and experienced players on that team."

The national B team will make the remaining nine cuts to its roster in July.

DORIAN GEIGER/METRO

Huskies middle Braden McLean goes head-to-head with University of Alberta blockers last season. CONTRIBUTED/JOSH SCHAEFER

Wheat.

Feds' appeal gets the OK

The latest chapter in the long and bitter saga of the Canadian Wheat Board played out Wednesday in the Federal Court of Appeal.

The court agreed to hear Agriculture Minister Gerry Ritz's appeal of a ruling that he broke the law by stripping the wheat board of its monopoly over wheat and barley sales.

The Friends of the Canadian Wheat Board and others, including the board's former directors, had asked the Federal Court of Appeal to quash Ritz's motion to appeal a lower court's decision.

Last year, a Federal Court judge ruled Ritz violated the original Canadian Wheat Board Act, which required a plebiscite among farmers before changes were made.

But Justice Douglas Campbell's ruling did not stop the Conservatives from passing a law to open up sales to the free market and changing the wheat board to a voluntary agency for producers.

THE CANADIAN PRESS

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NEW CANADIANS USE CARD TO BUILD CREDIT, SETTLE INTO THEIR NEW LIFE

NEW IMMIGRANTS

David, 37, and his family — Kim, 33, and their two children, Amy, 8, and Paz, 6 — moved to Canada from China a year ago. He had been offered a job as an associate professor of business administration at a university in Manitoba. While it was a big move, the couple felt it was an opportunity they couldn't turn down.

David and Kim hope to add a second income soon (Kim is still looking for a job in fine arts). Right now, the annual family income is $75,000.

"It's a bit tight with two kids and a savings plan," says Kim. "But I'm sure I'll find something... and in the meantime, we've learned how to cut corners and shop economically."

The couple shares a car, and the family lives in a rented bungalow near the university. Their plan is to buy a larger house with a granny suite in the next few years. Kim's parents are also planning to immigrate, and they will contribute to the down payment.

When the couple first came to Canada, one of the first things they did was get their finances in order. They visited their closest Scotiabank branch and in addition to opening a chequing and savings account, they applied for a *Scotia Momentum*® VISA* card. One of the reasons was to build their credit; the other reason was to use it for everyday purchases and earn valuable cash back on every purchase they put on the card.

David and Kim were smart to realize that using their *Scotia Momentum*® VISA* card instead of cash to pay for everyday purchases was a great way to get something back. The card provides 2 per cent cash back on purchases at gas stations, grocery stores, drugstores and on recurring bill payments, and 1 per cent cash back on all other purchases[1].

"While there's an annual fee of $39[2], the cash back reward is well worth it," says David, "and the cash back is deposited into our joint account once a year. Why use cash for everyday purchases when you can get cash back."

"We love our new life in Canada," says Kim. "The kids have found friends and we love the convenience of the neighbourhood. We're here to stay."

This advertorial is prepared by Scotiabank. Characters in this advertorial are fictional. [1]See #1 in our ad of this publication for details on the benefit. [2]See #2 in our ad of this publication for details on the benefit.

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Budget. Tory MP backs off after voicing worries over huge omnibus bill

A Conservative MP says plenty of government backbenchers share opposition concerns about the wide array of controversial measures crammed into the massive budget-implementation bill.

But British Columbia MP David Wilks says there's nothing a lone member can do to defeat the bill or force the Harper government to split up its 425 pages.

Wilks made the comments during a meeting Tuesday with a small group of constituents in his Kootenay-Columbia riding.

Portions of the meeting were videotaped and posted online Wednesday, prompting Wilks to quickly backtrack.

In the video, Wilks is urged by several constituents to vote against the omnibus budget bill, which features a host of non-budgetary measures including changes to the environmental-assessment process, Old Age Security, immigration and Employment Insurance rules.

But Wilks says without similar defiance from at least a dozen fellow Tories, voting against the bill would be an empty gesture that would get him booted out of the Conservative caucus.

"Me doesn't change the budget," he tells the constituents. "If I stand up and say 'no,' it still passes."

Pressed by one woman to break party ranks and represent the views of his constituents on the bill, Wilks responds: "If you want me as an independent, I'll do that."

In the candid exchange, Wilks reveals frustration over the way in which the bill has been presented.

THE CANADIAN PRESS

'Trojan Horse'

Opposition parties have dubbed the legislation a "Trojan Horse bill," designed to sneak through a host of controversial changes to a wide array of programs with little individual scrutiny.

- MP David Wilks is the first Conservative MP to echo those concerns.

Quebec insists it's still open to talks with students

Beyond tuition.
Many protesters insist the current unrest is more about broader economic justice

The Quebec government says the door remains open to discussion with students opposed to tuition hikes and who have been staging daily protests for more than 100 days.

Premier Jean Charest made his comments in the national assembly Wednesday amid reports that an official in the Education Department had contacted student leaders.

It's unclear what the sides might possibly discuss: The government remains committed to tuition hikes, and the student groups remain staunchly opposed to them.

But despite whispers about a possible return to the bargaining table, there was no evidence of any imminent talks between the government and the three main student groups.

Student groups were quoted in news reports expressing skepticism that it was worth bothering to negotiate with the government — and suggesting the effort would simply be an exercise in public relations.

THE CANADIAN PRESS

Gabriel Nadeau-Dubois, spokesperson for the CLASSE student group, demonstrates in Montreal on Tuesday to mark the 100th day of the student strike, which opposes tuition-fee hikes. GRAHAM HUGHES/THE CANADIAN PRESS

Gambling

Oddsmakers take bets on student strike

A sports-gambling site has begun taking bets on potential outcomes of Quebec's student strike.

The site sets odds for when the strike will end; whether there will be a referendum on tuition hikes; how many fines will be levied against the most hardline student group; and whether the government will back down.

It even sets odds on whether martial law will be declared in Quebec by the end of 2012. Just for the record, those odds are pegged at 5.5 to 1.

The Quebec-based site predicts even chances of the strike ending by September, and also sets 50-50 odds on the Quebec government amending or repealing its controversial emergency legislation, Bill 78.

Setting odds over which celebrity might be next to wear the iconic red protest square, U.S. filmmaker Michael Moore comes in first at 7 to 1.

THE CANADIAN PRESS

CP Railway pulls 2,000 jobs as strike continues

A striking Canadian Pacific Railway worker pickets outside the company's rail yard Wednesday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

A strike by 4,800 Canadian Pacific Railway workers means the services of thousands of other employees won't be needed, a spokesman for the railway said Wednesday as the federal labour minister threatened to force an end to the day-old stoppage.

"Unfortunately, with this unnecessary strike by the Teamsters, more than 2,000 other unionized CP employees will not be required and are being laid off," said CP's Ed Greenberg.

"We expect this to grow by another 1,400 employees as their work, related to the operations of the railroad, is no longer required."

Greenberg said the layoffs could affect those who work in the yard, engineering and mechanical areas — essentially anyone who isn't needed when trains aren't running.

Earlier in Ottawa, Labour Minister Lisa Raitt said the government is prepared to introduce back-to-work legislation if CP and the Teamsters Canada Rail Conference can't reach a deal.

"We want to create the atmosphere where they can do a deal on their own," she told reporters.

"But they have to be aware of the fact that the Canadian government will step in on the basis of the national economy and the greater public interest at some point."

A prolonged strike would cost the Canadian economy an estimated $540 million a week, Raitt said, calling that figure "conservative."

She said some freight might be able to move by other means — by truck or on rival railroad Canadian National Railway Co.'s network.

Opposition labour critic Alexandre Boulerice said he's concerned the threat of back-to-work legislation will skew the balance at the negotiating table in favour of the company.

THE CANADIAN PRESS

Strike effects

Both the union and CP have said the negotiations would continue Wednesday.

- In a release, the Canadian Mining Association urged Ottawa to step in to end the dispute, as mining companies depend on rail to bring equipment and fuel to site and move their product to market.
- The strike is also affecting Canadian farmers, and the companies that supply nutrients and other goods to them.

Fatal stabbings

Victims ID'd in Atlantic City attack

U.S. authorities investigating the stabbing deaths of two Canadian tourists during a mugging said the victims were a 47-year-old woman and her 80-year-old mother, who tried to aid her.

Po Lin Wan and her daughter Alice Mei See Leung, both from the Scarborough suburb of Toronto, were killed by a Philadelphia woman across the street from Bally's Atlantic City, the Atlantic County prosecutor's office alleged Wednesday

Autopsy results determined that Po Lin Wan bled to death, while her daughter died from being stabbed in the heart. A prosecutor's office news release Tuesday night had reversed their causes of death. Authorities said the suspect, Antoinette Pelzer, was trying to steal a pocketbook from one of the women. Pelzer is charged with murder and was being held on $1.5-million US bail.

THE ASSOCIATED PRESS

The North

Health minister maintains criticism of UN over food

Health Minister Leona Aglukkaq says that when she tore a strip off a UN right-to-food envoy last week, she never meant to imply there were no hunger problems in the North.

In an interview with The Canadian Press, Aglukkaq said there are indeed serious poverty challenges in her home region. But she said she resents being told how to fix things by an outsider who has no first-hand knowledge of the North and who comes from a country that opposes the seal hunt. Last week, the UN's special rapporteur on the right to food, Olivier De Schutter, presented his findings from a trip across Canada, saying he had "extremely severe" concerns about the ability of aboriginal people and families on social assistance to afford the food they need to stay healthy.

THE CANADIAN PRESS

First Nations

Seven youth deaths call for broad inquiry: Group

An Ontario First Nations group has asked the province's chief coroner for a joint inquest into the deaths of seven aboriginal teens who left their reserves to get an education.

The Nishnawbe Aski Nation (NAN) says all seven youths died under similar circumstances since 2000 while attending school in Thunder Bay, Ont., and a broad inquest could help bring closure to their families.

NAN lawyer Julian Falconer says a lack of answers has made the community deeply suspicious of the causes of the deaths and many families are now afraid to send their children away to school.

Falconer says all First Nations should be entitled to educate their youth in high schools based in their own communities.

THE CANADIAN PRESS

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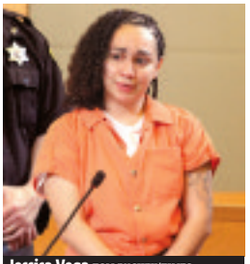
Fraud. Bride who faked cancer released from jail

A New York woman who faked having leukemia so donors would pay for her dream wedding and Caribbean honeymoon has been released from jail.

Jessica Vega left the jail a few hours after being sentenced Wednesday to the nearly two months she had already served. A prosecutor says she paid back more than $13,000 US as required under her plea deal.

THE ASSOCIATED PRESS



Jessica Vega TOM BUSHEY/TIMES HERALD-RECORD/THE ASSOCIATED PRESS

Pakistan. Jail time for man who helped nab bin Laden

A doctor who helped the CIA hunt down Osama bin Laden was convicted Wednesday of conspiring against the state and sentenced to 33 years in prison, adding new strains to an already deeply troubled relationship between the U.S. and Pakistan.

U.S. officials had urged Pakistan to release the doctor, who ran a vaccination program for the CIA to collect DNA and verify the al-Qaida leader's presence at the compound in the town of Abbottabad, where U.S. commandos killed him in May 2011 in a unilateral raid.

The lengthy sentence against Dr. Shakil Afridi will be taken as another sign of Pakistan's defiance of American wishes. It could give further fuel to critics in the U.S. that Pakistan — which has yet to arrest anyone for helping shelter bin Laden — should not be treated as an ally.

THE ASSOCIATED PRESS

Egyptians vote on first day of historic presidential elections

Democracy. Citizens have 13 candidates to choose from

More than 15 months after autocratic leader Hosni Mubarak's was ousted, Egyptians streamed to polling stations Wednesday to freely choose a president for the first time in generations. Waiting hours in line, some debated to the last minute over their vote in a historic election pitting old regime figures against ascending Islamists.

A sense of amazement at having a choice in the Arab world's first truly competitive presidential election pervaded the crowds in line. At the same time, voters were fervent with expectations over where a new leader will take a country that has been in turmoil ever since its ruler for nearly 30 years was toppled by mass protests.

Some backed Mubarak-era veterans, believing they can bring stability after months of rising crime, a crumbling economy and bloody riots. Others were horrified by the thought, believing the "feloul" — or "remnants" of the regime — will keep Egypt locked in dictatorship and thwart democracy.

Islamists, particularly the Muslim Brotherhood, saw their chance to lead a country where they were repressed for decades and to implement their version of Islamic law. Their critics recoiled, fearing theocracy.

"You can't tell me, 'Vote for this or else you're a sinner!'" Wael Ramadan argued with an Islamist-backer in line at a polling station in the impoverished Cairo neighbourhood of Basateen. "We never said that," protested the man. "Yes, you did," Ramadan shot back.

"The revolution changed a lot, for good and bad," Ramadan said afterwards. "The good thing is all this freedom. We are here and putting up with the trouble of waiting in line for electing a president. My vote matters. Now we want a president who has a vision."

A field of 13 candidates is running in Wednesday and Thursday's voting. The two-day first run is not expected to produce an outright winner, so a runoff between the two top vote-getters will be held June 16 to 17. The winner will be announced June 21. Around 50-million people are eligible to vote. Turnout so far appeared moderate, and Wednesday's vote was extended another hour. THE ASSOCIATED PRESS

Frontrunners

- **Mohammed Morsi.** A mainstream Muslim Brotherhood candidate.
- **Abdel-Moneim Abolfotoh.** A moderate Islamist whose platform has won over some liberals, leftists and Christians.
- **Ahmed Shafiq.** A secular candidate who was the prime minister under Hosni Mubarak.
- **Amr Moussa.** A secular candidate who was previously the foreign minister.

Two women show their inked fingers after casting their votes on Day 1 of the presidential election in Old Cairo. FREDRIK PERSSON/THE ASSOCIATED PRESS

Congress

Secret Service head apologizes for scandal

The Secret Service prostitution scandal was centre stage in the U.S. capital on Wednesday as the director of the agency in charge of protecting the president made a high-profile apology before a congressional hearing.

Mark Sullivan, head of the Secret Service, took the stand at a packed Senate hearing into the scandal and apologized "for the conduct of these employees and the distraction it has caused." His apology came a month after agents, several of them married, were caught hiring Colombian hookers in advance of President Barack Obama's visit. THE CANADIAN PRESS

Mexico

Politico accused of corruption to be suspended

Mexico's former ruling party said Wednesday it will suspend the party membership of a former governor accused of accepting millions of dollars in bribes from drug cartels in the country.

The Institutional Revolutionary Party said the former governor of Tamaulipas, Tomas Yarrington, will be suspended until the accusations are cleared up. The party, known as the PRI, held Mexico's presidency without interruption from 1929 to 2000, and continues to govern most Mexican states. THE ASSOCIATED PRESS

News in pictures

1 More Palin TV. Bristol to star in own series about Alaska life

Life's a Tripp will feature Bristol Palin, daughter of former governor Sarah Palin, on the Lifetime network.

2 Deportation. Mother of Texas runaway sues authorities

Johnisa Turner is suing the Justice Department and Homeland Security claiming her daughter was illegally deported.

3 Olympics. Five-day torch relay concludes in England

Amongst the torch carriers were Queen Elizabeth's granddaughter Zara Phillips and soccer star Didier Drogba.

4 Bin Laden. Film work jeopardized raid: Official

A House committee chairman has charged that operating too closely with filmmakers jeopardized the bin Laden raid.

5 Sexual assault. Cake Boss regular gets nine years

The brother-in-law of Cake Boss' Buddy Valastro has been sentenced for sexually assaulting a 13-year-old girl.

ALL PHOTOS AND STORIES: THE ASSOCIATED PRESS

Facebook. Stock climbs as investors file lawsuits

Facebook's fourth day of trading as a public company saw an increase in the company's stock price and shareholder lawsuits related to the social network's botched initial public offering.

Facebook's stock climbed $1, or 3.2 per cent, to close at $32 on Wednesday. But the gain was only a small reprieve for shareholders. The stock's rocky inaugural trading day Friday was followed by a two-day decline. The stock is still trading nearly 16 per cent below its $38 IPO price.

The initial public trading of Facebook's stock was tarnished Friday morning by a half-hour delay, caused by glitches on the Nasdaq.

It was marred further this week as investors began accusing the banks that arranged the IPO of sharing important information about Facebook's business prospects with some clients and not others.

THE ASSOCIATED PRESS

Investigation

Regulators are examining whether Morgan Stanley selectively informed clients of an analyst's negative report about Facebook before the stock started trading.

- The bank said that it "followed the same procedures for the Facebook offering that it follows for all IPOs," and that its procedures complied with regulations.

Market Minute

DOLLAR 97.64¢ (-0.23¢)

TSX 11,564.8 (+113.01)

OIL $89.90 US (-$1.95)

GOLD $1,548.40 US (+$28.20)

Natural gas: $2.737 US (+3¢)
Dow Jones: 12,496.15 (-6.66)

Mulcair's energy views harmful to the economy: Clement

Oilsands. Treasury Board president takes aim at NDP leader's claims during speech in Calgary

NDP Leader Thomas Mulcair says that booming energy exports have created an artificially high dollar. ADRIAN WYLD/THE CANADIAN PRESS

Federal Treasury Board President Tony Clement used a speech in the heart of Canada's oil and gas sector to launch an attack on NDP Leader Thomas Mulcair and his dim view of Canada's resource industry.

Mulcair charges that booming energy exports, particularly from the oilsands, have created an artificially high dollar that has, in turn, hollowed out Canada's manufacturing sector — a phenomenon dubbed the "Dutch disease."

"This is a reckless and irresponsible ideology that is bad for Alberta, it's bad for my home province of Ontario and quite frankly, it's bad for Canada," Clement said Wednesday in a morning speech to the Calgary Chamber of Commerce.

Mulcair has insisted that statistics on manufacturing job losses are "irrefutable"' and that "everyone" agrees more than half of those losses are the direct result of the artificially high Canadian dollar created by booming energy exports, particularly from Alberta's oilsands.

Clement said the only logical conclusion from Mulcair's musings would be that the NDP would "undoubtedly cripple an important and growing sector in Canada's economy."

THE CANADIAN PRESS

NEET rate

13% of youth not working, in school

A new study from Statistics Canada analyzed the working and educational paths of people aged 15 to 29 in a bid to assess youth engagement with the labour force. The study found that 13 per cent of the 6.8-million Canadians in the age bracket were not in education, employment or training — a measurement known as the NEET rate. THE CANADIAN PRESS

NAME CHANGE NOTIFICATION

I am changing my name from Desai Dhiralkumar, surendrakumar to Dhiralkumar surendrakumar Desai because the current passport issued in my name, my last name has been documented as my first name and appears as:

Desai Dhiralkumar, Surendrakumar;
(SURNAME, FIRST NAME)

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(FIRST NAME, MIDDLE NAME, SURNAME)

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#N32370A $17,888 93,649km '08 Kia Sorrento LX AWD V6
#P3325 $25,888 47,612km '11 Kia Sorento AWD V6
#P3337 $31,888 7,9931km '07 GMC Yukon Denali AWD
#P3340 $27,888 23,843km '12 Kia Sorento AWD 2.4L
#P3342 $36,888 31,571km '11 Ford Explorer XLT V6
#P3343 $20,888 32,361km '11 Mitsubishi RVR AWD
#P3344 $28,888 21,224km '12 Kia Sorento AWD V6
#P3352 $32,888 22,730km '10 Ford Edge Ltm. AWD V6
#P3356 $26,888 62,772km '11 Kia Sportage EX ADW
#P3360 $34,888 24,510km '11 Kia Sorento Luxury AWD V6
#P3362 $24,888 36,992km '11 Kiage Sportage EX AWD
#P3372 $11,888 107,342km '08 Sportage FWD Manual

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FOUNDER CAN FALL FLAT ON HIS FACEBOOK

HE SAYS...
John Mazerolle
metronews.ca/hesays

Here's a status update of sorts: I have what psychologists have long recognized as the innate desire in most human beings to see Facebook fail horribly — otherwise known as Schadenfacebook.

I'm not alone. As I type this, the most popular news stories on the web involve the words "Facebook," "IPO" and "fiasco." I'm not business-minded, so IPOs are foreign to me. However, I'm familiar with New Brunswick, Ontario and federal politics, so I know all about fiascos.

I didn't know I had Schadenfacebook until the stock started to slip. Then I discovered I wanted to see its rating plummet from "buy" to "sell" to "drachma," all the way down to "same worth as Netscape Navigator." The more screwed up the situation gets, the happier I become.

"Why the hate for FB?" a friend messaged me after I'd ranted about my glee online. I can only assume his wink emoticon was implied.

Faceplant

"There's the way FB assumes that your life is a pristine experience that you would want documented in full detail on your timeline, including your drunkest photos and your whiniest posts."

How do I hate Facebook? Let me count the ways.

There's the way FB assumes that your life is a pristine experience that you would want documented in full detail on your timeline, including your drunkest photos and your whiniest posts. When I got divorced, my news feed said, "John is now single" with a happy little heart.

There's also Facebook's amorphous privacy settings, which distract from the truth that the site has no privacy at all. Would anyone really be surprised if Facebook one day undeleted all that we've deleted and released all our chat messages, perhaps as a "service" when we've died? "Learn about Grandma's affair! Only $9.99!"

Or how about the way FB friends can add you to events without permission, so you're suddenly getting postings from some group you don't actually support, like the Man-Gorilla Love Association or an Evening of Serviceable Green Day Covers?

And there's CEO Mark Zuckerberg, who combines all the worst traits of various cliques and creates his own sort of Franken-niche — the businessman-nerd-bully — all while jealously guarding his privacy in a thermonuclear example of irony.

But worst of all, after all these complaints, *I can't stop using it.* It knows my weaknesses. It knew I couldn't resist Facebook once my email inbox was filled with requests to join. It knows I'm too lazy to remember a password for a newspaper's sports section, so I login through Facebook. It knows that asking for creative feedback on Facebook is easier than talking to people individually, even if it's not better.

Apple, for all its flaws, seems to understand what people want. Facebook knows what they will put up with.

So, crash and burn Facebook. Crash like a North Korean rocket. And when it all lies in pieces, feel free to add the event to your timeline. With all this Schadenfacebook, I'll be sure to like it.

I like you, Facebook. I also like watching you fail. GETTY IMAGES

South African art attack

GETTY IMAGES

Painting defaced

Smear campaign hits president

Two men appeared in a Johannesburg court on Wednesday, accused of defacing a controversial painting of South African President Jacob Zuma. Barend la Grange, 58, and Louis Mabokela, 25, allegedly smeared paint on "The Spear" by activist Brett Murray, which caused offence by showing the president's genitals. METRO

Backlash

"The portrayal has ridiculed and caused me humiliation and indignity."

Jacob Zuma, president of South Africa. Zuma has reacted furiously to the satire of his alleged promiscuity. Zuma has fathered 21 children from six marriages, and was acquitted of a rape charge in 2006. His party, the African National Congress, is planning to sue Brett Murray.

Other art protests

- **Banksy:** Anonymous British street artist stencilled "mind the crap" signs outside the Turner Prize exhibition in 2001.
- **P183:** A Russian graffiti artist has created a series of eye-catching murals attacking President Vladimir Putin.
- **Liberate Tate** protested a gallery's links to petrol companies by having a naked activist lie on the floor covered in oil.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does a new study that says coffee may help you live longer make you want to up your java quotient?

Twitter

@janaJMD: Dear #yxe drivers: contrary to popular belief, it is unnecessary to start slowing down a block before your turn.

@scottborys: @darenmclean It's raining in #yxe, this is pretty much victoria

@Rina_Fradette: Really hoping the weather is nice Friday & Saturday for the #SCAR2012 Geocaching event

GC3EKCP in #yxe Event is going to be awesome!

@joel_sopp: Not a #Bieleber , but there is a date between #YXE and #YWG to have ashow in #YQR on Oct 17th.

@lfec77: now that I have thirsty plants in the ground, I am pro-rain. Rain, I love you. #yxe #rain

metro

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Narrator Alyssa Billingsley (left) and puppeteers Ed Mendez and Deedee Roberts pose with the stars of The Wizard of Oz, playing this weekend at the Refinery. SIMON HIATT/METRO

The man behind the curtain

The Wizard of Oz imagined. Puppeteers and audience team up to create the land of Oz

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

In one of the most famous lines in the 1939 film version of The Wizard of Oz, the wizard advises visitors to "pay no attention to that man behind the curtain." It's a sentiment puppeteer Ed Mendez can identify with as much of his acting goes unseen in Wide Open's production of the classic.

Quoted

"I always wanted to be a goof-off; comedy has always been my thing."

Ed Mendez
Puppeteer

"Ed's funny, he just ends up making the weirdest faces back there. But the more expressions he makes, the more it shows through with the puppets" said director Crispi Lord.

While actors may stereotypically be thought of as craving the spotlight, Mendez says spending an hour crouched behind a curtain, out of sight, is actually a perfect fit for him.

"I always wanted to be a goof-off, comedy has always been my thing," said Mendez. "One of the things I've always been able to do is put on a bunch of different voices at the drop of a hat, so this is an amazing creative outlet."

Despite the anonymous nature of being a puppeteer, Lord says it's actually one of the biggest ego boosts an actor can receive.

"In most (traditional) shows with thirty or so characters, you only get one-thirtieth of the laughs," said Lord. "Here, even though there may be thirty characters, you're getting half of the laughs because there's only two of you performing."

Also unlike typical plays, each of those thirty characters in a Wide Open production has to be made from scratch. Over the ten years it has been in existence, roughly 250 puppets have been painstakingly crafted by Lord and other company members. In the case of the Wizard of Oz, that meant making duplicates of some puppets. In a nod to the famous movie, characters in the early part of the show are in black and white.

The other cinematic elements of the sprawling story are less easy to shrink down to a Munchkin-sized set, but Lord enjoys the challenge.

"That's why I really love about theatre. You can take these giant things and make people see them, without actually doing them."

That effort is assisted by a narrator, Alyssa Billingsley, who helps set the scene and gets the audience involved in the interactive show.

"The narrator kind of has God-like powers. I get to make it rain with the help of the kids," said Billingsley.

Lord says their target audience does a lot of the work themselves and are able to see the world they are trying create better than the adults who bring them to the show.

"The kids get that," said Lord. "It becomes a work out of their imaginations rather than a work out of the budget."

Johnny Depp made honourary tribal member

LaDonna Harris poses with actor Johnny Depp. THE ASSOCIATED PRESS

Johnny Depp has been made an honourary member of the Comanche tribe.

Depp is in New Mexico, shooting the film adaptation of The Lone Ranger. He plays Ranger sidekick Tonto in the film.

Comanche Nation tribal member LaDonna Harris said Tuesday that the tribal chairman presented Depp with a proclamation at her Albuquerque home May 16. She says the Comanche adoption tradition means she now considers Depp her son.

Harris says Depp seemed humbled.

His spokeswoman, Jayne Ngo, confirmed the actor participated in a ceremony but declined to provide details.

Harris says she had read interviews with Depp that said the actor identified himself as being part Native American, so she thought it would be fun to adopt him. She ran the idea by her adult children, and they agreed.

Harris says she reached out to the Dark Shadows star through a friend who is working as a cultural adviser on the Lone Ranger set.

THE ASSOCIATED PRESS

Depp's recent films

- The Lone Ranger. 2013
- Dark Shadows. 2012
- 21 Jump Street. 2012
- The Rum Diary. 2011
- Pirates of the Caribbean: On Stranger Tides. 2011

2 SCENE

Celebrity buzz

Bieber tour announced

With his much anticipated new disc Believe about to drop, Justin Bieber has announced an extensive North American tour that will include seven Canadian dates.

The Stratford, Ont., native will kick off his nearly four-month trek on Sept. 29 in Glendale, Ariz., and wrap up on Jan. 26 at Miami's American Airlines Arena.

Along the way, the 18-year-old will play shows in Calgary, Edmonton, Saskatoon, Winnipeg, Ottawa, Montreal and Toronto.

While most of the dates are arena gigs, Bieber will play one stadium: Toronto's cavernous Rogers Centre. He'll play the venue, which can hold up to 55,000 people for concerts, on Dec. 1.

Breakout Mission, B.C. pop singer Carly Rae Jepsen will open on the tour.

The presale for fan club members kicked off Wednesday while general ticket sales open June 1 in Canada.

Bieber's third full-length, Believe, will hit stores June 19. Each of his previous two releases — debut My World 2.0 and holiday collection Under the Mistletoe — were certified triple platinum in Canada.

THE CANADIAN PRESS

On the web

Kanye West leads with 7 nods at BET Awards, Beyoncé follows with 6; Samuel L. Jackson to host.

Scrounging up scares on a tight budget

Chernobyl Diaries. Director of Paranormal Activity tries his hand at a bigger-budget flick, but he still likes the challenge of working on the cheap

NED EHRBAR
Metro World News in Hollywood

What happens when a group of friends go on an 'extreme' tour of Pripyat? HANDOUT

Israeli-born filmmaker Oren Peli made a name for himself with Paranormal Activity, the 2009 found-footage phenomenon that cost $15,000 to produce and went on to make $194 million worldwide — making it the most profitable film of all time. While the budget for his latest film, Chernobyl Diaries, isn't that small, he still aims to keep things on the inexpensive side. Chernobyl Diaries follows a group of friends on an "extreme tourism" trip into Pripyat, the Ukrainian town abandoned after the Chernobyl disaster in 1986.

Did you visit Pripyat yourself before making this film?
No. Actually, when we started getting into it, we were thinking not only of visiting it, but we actually wanted to shoot some of the movie there, which we thought makes sense. Why not? The set is already there. But for whatever reason, the Ukrainian government in 2011 stopped allowing people to go in there. So for a long period of time while we were shooting the movie, there was no access there. We were thinking it ironically parallels the movie, thinking maybe there's a secret entrance we can sneak into the town through.

With such sophisticated horror audiences these days, how do you approach trying to scare them?
Well, there's all sorts of different scares, and Chernobyl Diaries has a variety of them. There's a few jump scares. But the thing that really works for me the best is the patient anticipation of things, and the idea of a loss of control and fear of the unknown. We tried to combine a lot of that in the movie. The whole sense of not knowing what you're dealing with, the fear of the unknown and the feeling of being helpless and not having any control over your own destiny, to me that's the kind of thing that's really the essence of a lot of horror movies.

You found success with Paranormal Activity, which was made on a tiny budget. Does that reputation of being able to do a lot with a little get in your way now?
The budget factor, it definitely makes a lot of things challenging, and you always wish you had a little bit more here and there, but I don't know if I'll ever see myself making a really, really big-budget movie. I kind of like in many ways the restraints of doing things on a small budget, because I think it ends up maybe to some degree making the movie feel more intimate and makes you feel like you have to be more creative about finding practical solutions to do things — which end up in many cases feeling more real than if you did something very elaborate and grandiose.

Decoding 007. Metro analyzes Skyfall's cryptic new trailer

Bond still has a way with the ladies. Oh, and some men are trying to kill him, according to the new Skyfall trailer. HANDOUT

Teaser trailers can be rather cryptic at times, and the new Skyfall trailer isn't any different. Audiences got a taste of the Sam Mendes-helmed film, which will mark the 23rd James Bond film. Here's what we gleaned from the short clip.

Straight from 007's mouth
Some men are coming to kill James Bond and his colleagues, but he plans to kill them first.

Asia-bound
At one point in the film, it seems that Bond (Daniel Craig) will travel to China — or at the very least, an area that is celebrating a very elaborate Chinese New Year celebration.

Dame M (Judi Dench)
Well, she's still around to keep 007 in line. And, hints through interviews show that she may be the central part of this movie.

An Aston Martin DB5
The car is captured in one of the shots, and it seems that all the cars seem pretty modern. A scene of a crashing Metro train confirms that these events are all occurring in the modern day or at a date that is more recent than in a past decade.

What's skyfall?
According to a conditioned response test given to Bond by a man who looks like a stereotypical psychiatrist, "skyfall" is something Bond doesn't want to talk about. Was it code for a mission done wrong?

Doom and gloom
There will be a lot of deaths, hinted at by the caskets draped with British flags.

Oh Javier
We get one shot of Javier Bardem, who is confirmed to play the Bond villain in this film. He's walking away from a building he just set on fire.

METRO WORLD NEWS

Bond girls

What about the ladies?

There will be an intensely erotic shaving scene with a woman played by Naomie Harris. But, just a few seconds before, we got a glimpse of Bérénice Marlohe, another Bond girl, standing in a hotel room. Both of these women prove that despite the years and the different actors, Bond still has his way with the ladies.

JACK WHITE will be performing at Lollapalooza

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Presley finally finds Grace after the Storm

Interview. Lisa Marie Presley more comfortable than ever following in father's musical footsteps

After moving across an ocean to rural England, Lisa Marie Presley found herself as close as she's ever been to her father, at least musically.

The only child of Elvis and Priscilla Presley started writing music again after moving to Kent, southeast of London, several years ago. That led to her third album, Storm & Grace, produced by T Bone Burnett with a slow-rolling, swampy but warm Americana sound.

It's more quiet, deliberate and intimate than her pop-rock-oriented To Whom It May Concern from 2003 and 2005's Now What.

She's settled down personally as well.

Once known for turbulent, brief marriages to Michael Jackson and Nicolas Cage, she's now raising three-year-old twin daughters Finley and Harper with her husband of six years, guitarist Michael Lockwood.

She also has two adult children, model-actress Riley Keough and son Benjamin, from her first marriage.

The 44-year-old singer-songwriter said in a recent interview that she'd long been actively trying to dodge her father's legacy, but now feels more comfortable following in his footsteps — at least on her own terms.

Do you feel like the album represents your Southern roots?

Presley: It does, but I didn't intend it to do so. It wasn't like I was trying to go create a rootsy Southern record. I was given a lot of freedom and space to write, and I did. And that's what ended up happening oddly in England of all places. So — ironic. ... It's a good bed for my lyrics and vocals to lie in, that sort of vibe — whatever this is, this record.

How much does your father's music influence you? Are you listening to it lately, and do you hear it differently now than you did when you were younger?

Of course. The babies have to hear Elvis satellite radio all the time in the car. They love that. Of course. He's always been a huge influence on me my whole life — always. It's the first thing I ever heard. It's not something that I now listen to and it's different, although I might listen closer. But I've remained consistent on the fact that I've always been an admirer.

And an album like this is more early Elvis than a later Elvis?

It could very well be looked at that way. That's fine. I don't mind that. I embrace it. But it wasn't intended to go there. Actually the first two (albums), I was intending not to go there on purpose. That's why this time, it's OK with me because it was natural.

How do you feel you've grown from those first two albums? Are you proud of them?

I love those songs. They came from the same place all my songs come from. But... I had a lot going on around me that was not good. It was a lot of kicking and yelling.... I needed to go through that for whatever reason. I needed to prove something to somebody somewhere, I don't know what. Nothing was ever smooth. It didn't go well.

When do you think you broke out of that?

Probably like five years ago, I broke out of everything. I just stopped. I just had an awakening, a crash and then a rediscovery period.

And yeah, I just needed to get rid of things that I thought were good that weren't and I needed to go far away and just be around simple people that were decent.

What's day-to-day life like now for you?

When I'm in England, I think I needed to see and just kind of start from ground zero and just needed to see and discover life again... and just simplicity. When I'm there it tends to be cooking, walking. I love the people in my village. They're super sweet. It's a very simple life.

THE ASSOCIATED PRESS

Lisa Marie Presley's new album, Storm & Grace, was released last week.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

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Fox to have baby girl: Report

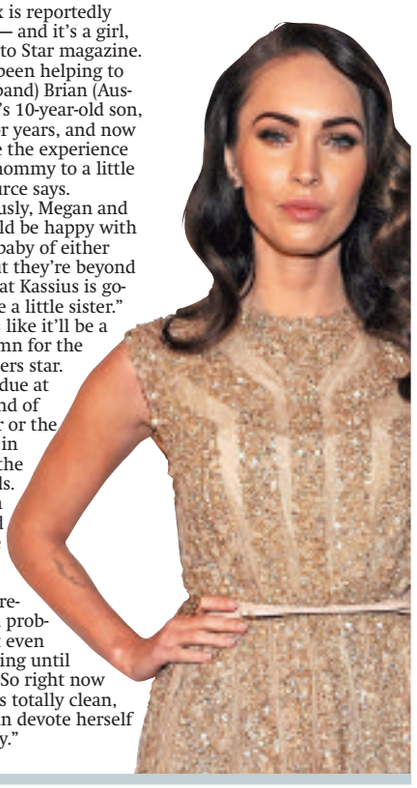
Megan Fox is reportedly pregnant — and it's a girl, according to Star magazine.

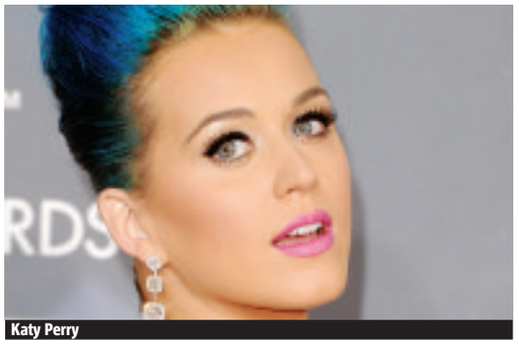
"She's been helping to raise (husband) Brian (Austin Green)'s 10-year-old son, Kassius, for years, and now she'll have the experience of being mommy to a little girl," a source says.

"Obviously, Megan and Brian would be happy with a healthy baby of either gender, but they're beyond thrilled that Kassius is going to have a little sister."

It looks like it'll be a busy autumn for the Transformers star. "She'll be due at the very end of September or the first week in October," the source adds.

"Megan is attached to a movie called Swindle, but it's in rewrites and probably won't even begin filming until next year. So right now her plate is totally clean, and she can devote herself to her baby."





Katy Perry

Perry bares all

Katy Perry knew it would be impossible to avoid mention of her 14-month marriage to Russell Brand in her upcoming tour documentary, Katy Perry: Part of Me, so she addressed it head-on.

"I thought it was important to show everything in between. I think sometimes people think that we're perfect, and we know we're not perfect, at all," Perry explains to Ellen DeGeneres in an interview.

"It's important to start breaking down the idea that to achieve your dreams, you always have to be perfect or flawless or live in some kind of fantasy world. That's why I decided to put everything into the film. In the most tasteful way."

Khloe threatens to tell mom

Khloe Kardashian is dishing out some tough love. According to Australia's NW magazine, after finding a stash of Kim's Valium and sleeping pills, she told her sister to clean it up or she was telling mom. "Khloe's really freaked out by it: she found a bottle of pills and knew straight away what Kim was doing," says a source, adding that Kim began self-medicating after splitting from Reggie Bush two years ago. Oh Khloe, if you only knew what we started swallowing after her four-hour wedding special.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears has needs... like fried chicken

MONICA WEYMOUTH
scene@metronews.ca

Britney Spears may be making $15 million for gracing the judges table on X Factor, but she still doesn't intend to put out her own snack money.

Details from the singer's contract have leaked, and she has some very specific requests as far as dressing room needs are concerned. Every day, she'll require fried chicken (legs and breasts only), 12 Snickers bars, 24 cans of Coke, 10 snack size bags of Doritos and 12 vases of Magnolia blossoms — give or take a basket of baby white lion cubs, depending what source you're going with.

Not that all of this junk food is exclusively for Spears, who has reportedly been hitting the gym before cameras start rolling. She's also requested a 24-member staff that includes a beauty team, a massage therapist and a "spiritual adviser."

How sweet would it be to serve as Spears' spiritual adviser? You know you could just toss this chick a couple mood rings and spend the next seven-and-a-half hours eating her Doritos.

Lady Gaga ALL PHOTOS GETTY IMAGES

Gaga speaks out on protests

At a tour stop in Manila, Lady Gaga took a moment to address the recent protests that have been waged against her — leading to her not being allowed to perform in Jakarta, Indonesia.

She's also drawn protest from Biblemode Youth, a Christian group that called for an end to her shows in the Philippines.

"Some people think that I stand for like, really inappropriate things," she told the crowd, according to Hollyscoop.

"The truth is I want the f--ing best for you. I want the best for every single one of you. I love you with all of my heart and all my soul, I really do."

As for stirring up controversy while in the Philippines, Gaga doesn't seem too concerned: "Don't worry, if I get thrown in jail in Manila, Beyoncé will just bail me out," she posted on Twitter this week. "Sold out night two in the Philippines. I love it here!"

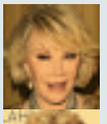
Kelly's happy for a change

Kelly Clarkson has gotten some of her best material for songs from bad breakups, and now that she's in a happy, stable relationship, she worries her work is suffering.

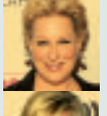
"It is killing me. I'm trying to write a tough song and it is coming out like butterflies and rainbows," Clarkson, who has been in a relationship since late last year, tells People magazine.

"It is ruining my creativity. I'm writing all this happy (stuff). People are going to be, like, 'What the hell happened to you?'" It has been really difficult. I love it. It's an awesome problem to have."

Twitter



@Joan_Rivers
Virgin Atlantic will allow the use of cell phones on flights. Now the flight attendant can call me to say, "Get your own coffee!"



@BetteMidler
People are drinking less soda! Great news for health and great for planet with fewer of those goddamn plastic bottles!!

@MarthaPlimpton
If you don't know how to use horns, jack, you're nowhere. Horns are my jam.

@ReallyMarcia
Much love to the Irish and thanks for your hospitality. You sure know how to make a girl feel loved. Til the next time..

Men: get your threads in print (it worked for me)

Wearing it. Bright, bold and a bit on the brash side, it's got to be the Hawaiian shirt. I give the look a go to see if I can move beyond the gawping and get the girl.

RICHARD PECKETT
Metro World News in London

The good life: chilling at the bar with a beer in Topman's palm leaf pattern shirt. NICK CUNARD/METRO WORLD NEWS

I know what you're thinking: this guy is only a few gold medallions away from being a fugitive living on the Costa del Sol. Yep, the Hawaiian shirt has had some pretty damning press over the years, namely due to the fact that the in-your-face print is commonly sported by stag parties, who probably half hope that the disruptive pattern will mask the vomit stains.

Having tried the Hawaiian look, I've got to say that my skepticism about the trend has far from diminished. There was a slew of verbal abuse from colleagues and speculation that I was heading to the touristy end of town.

Hardly the encouragement I needed, seeing as I was to don my best "babe magnet" shirt at a bar, later that day.

That said, I wouldn't be writing about this trend had it not blossomed on the spring /summer'12 runways. Givenchy, Moschino, Richard Chai, followed by high street brands such as Topman, ASOS, and Levi's have all created their own riff on the look with surging sales, apparently.

The fact is that nowadays men are more daring when it comes to colour and print. Maybe it's a counter-reaction to Noughties minimalism — or perhaps we're all in need of something a little bit wild in this austerity era.

Personally, I think that men are becoming savvy in terms of cut and design as opposed to demonstrating their fashion prowess by — often tastelessly — flashing designer labels.

However, I was about to put my hibiscus leaf-gilded masculinity to the test at a Mexican-style bar in central London.

I hoped to channel the charm and ease with which George Clooney works the Hawaiian shirt in The Descendants — as I approached a girl at the bar. But no, I wasn't smooth. I felt like a sleazy '80s hustler minus the silver tongue.

Whilst I awkwardly stuttered, an eavesdropping onlooker, who had clearly clocked my intentions, piped up: "That shirt's a blessing if you can get a nice girl like her." What? An indirect compliment, I thought, but I'll take it nonetheless.

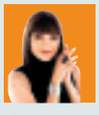
Smiles all round in Topman's horizontal palms, short-sleeve shirt. NICK CUNARD/METRO WORLD NEWS

The name game

"Givenchy, Moschino, Richard Chai, followed by high-street brands such as Topman, ASOS, and Levi's have all created their own riff on the look with surging sales, apparently."

Richard Peckett on the Hawaiian shirt

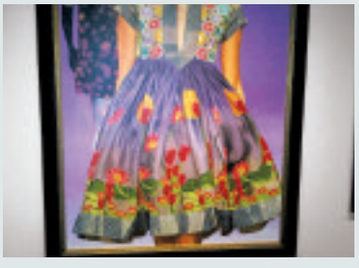
Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

@Jeanne_Beker: in Kleinburg, Ont. to cover the new Fashionality exhibit, about the relationship of art + fashion. Hosting fundraiser June 16.

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



@Jeanne_Beker: Nfld. artist Barbara Pratt's "Garden Party: Dress by Manish Arora.... At Fashionality

@Jeanne_Beker: A cut steel "Root Dress" by Barb Hunt, at Fashionality

@Jeanne_Beker: Hundreds of tiny hand-knit sweaters by artist Michele Karch-Ackerman at Fashionality

3 LIFE

Fashion flash

Eau de teen icon

Justin Bieber was honoured alongside top fashion names like Tom Ford and Gucci at the Fragrance Foundation's annual Fifi awards for the best perfumes.

Tom Ford's Violet Blonde was picked as the women's best luxury fragrance, and Gucci Guilty Pour Homme in the same category for men.

Bieber was named the Elizabeth Taylor Fragrance Celebrity of the Year.

For broad appeal, Heidi Klum's Shine won for women and Curve Appeal by Elizabeth Arden won for men.

The industry group put on the ceremony Monday night with Jane Lynch as emcee.

"I'm honoured to be here tonight to serve as your host. Selecting me as host makes perfect sense, because when you think of a sexy, delicate and floral fragrance, you think, 'Jane Lynch,"' she said.

THE ASSOCIATED PRESS

On the Web

Claire Pettibone says Facebook bride Priscilla Chan wore her lacy sheath

Keep your closet organized

Expert help. It's a little bit of a master closet cleaning, plus an overhaul of the way you approach getting dressed — the author of Shop Your Closet helps us out

TINA CHADHA
life@metronews.ca

Think about how nice those colour-coded racks look in your favourite clothing retailer. And then imagine how much easier it would be getting dressed in the morning if your own wardrobe were as organized instead of stuffed with old sweaters you haven't worn in years.

Remember how stressed out and irritated you get rummaging through tangled hangers for that blazer that was just staring you in the face days ago?

Melanie Fascitelli, author of Shop Your Closet, shows us how to organize.

Edit your wardrobe

"The first thing you need to do is get yourself a partner, someone you trust, to help you edit," says Fascitelli.

"This person is someone who is going to tell you the truth, whose style you admire and who has a good eye for your own personal style. Editing or culling your wardrobe is not only about finding things that you haven't worn in one or two years but also asking, 'Would I buy this today?'"

Colour code

Sort your clothes by colour and type. Keep pants with pants and skirts with skirts, and then organize each category from light to dark, says Fascitelli.

"This is a visual merchandising trick that makes your eye follow the colour. It's easier to get to your stuff this way."

It's all about the hangers

"The least expensive thing you can do to get your closet organized and cleaned up is to buy all the same style and colour hanger," says Fascitelli, who prefers using a neutral colour.

Closet savers

1 Fragrance satchels

2 Pretty storage boxes

3 Drawer liners

For her product line, Clos-ette Too, she says they spent years developing the perfect hanger.

"It's a skinny, soft hanger in five different styles for all different types of garments," she says of the end product.

"And they have very short drops, so you're not just saving on horizontal space but vertical [too]."

To fold or to hang?

Mornings are much more fun with a tidy closet. CONTRIBUTED

The general rule is "hang everything you can," says Fascitelli.

If you don't have too much space on your closet rod, the items she specifically feels should be hung are coats, pants, dresses, suits, tailored shirts, silk blouses and gowns. The best items to fold are tees and delicates.

Mortgage Advice
FROM THE PROFESSIONAL

TMG
Scott Trainor
scott@mortgagegroup.com

WHY YOU SHOULD USE A BROKER

"Why do people get their mortgages at the bank when they can save a ton of money by working with you?" Stacy was confused. It made no sense. I could only think that perhaps some people didn't mind paying far too much interest on their mortgages.

I've heard this question from many of my successful clients after saving them huge dollars on their mortgage payments. It's a great question.

There are many benefits to using a mortgage broker. Getting independent advice is at the top of the list. Unlike your lender, I am not tied to one bank. I get you the best rate and, and most suitable product to meet your needs.

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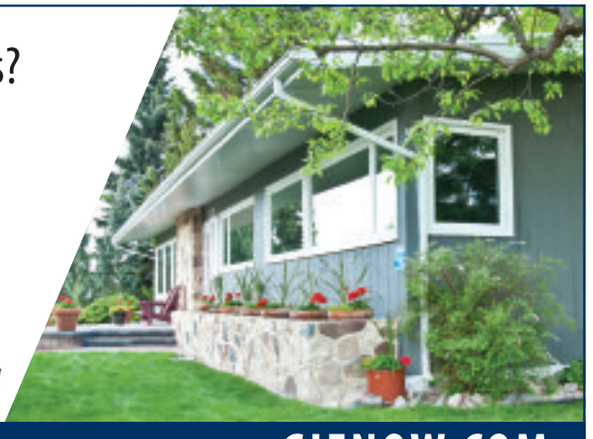


242.7513 **Showroom:** 3026B Faithfull Avenue, Saskatoon **GIENOW.COM**

Dazzle your guests by giving them their first taste of cherry season

Making and baking a traditional pie crust is more challenging than this open-concept cherry tart pastry. The cornmeal adds an extra dimension to the crust, as do the almond-flavoured macaroon cookies.

1. In food processor, pulse flour with cornmeal, sugar and salt. Add butter and pulse until it is the size of peas with a few larger pieces. Drizzle with 3 tbsp (45 ml) water. Pulse until mixture is moistened, adding remaining water by 1/2 tsp (2 ml) if needed. Pulse just until dough starts to gather into a ball. Then turn out onto work surface. Gather and knead gently to bring together. Shape into disc and cover with plastic wrap. Refrigerate for one hour.

2. Preheat oven to 400 F (200 C). Line a baking sheet with parchment paper. On a lightly floured surface roll dough very thinly into a circle measuring about 12 inches (30 cm). Don't worry if it's not perfect. Discard any excess dough. Carefully wrap dough around rolling pin and transfer to parchment paper. Sprinkle macaroons in centre of circle, leaving a two-inch (3.5-cm) border.

3. Place cherries in bowl along with orange peel, sugar, cinnamon and almond extract. Stir well to evenly distribute orange peel. Turn cherry mixture onto macaroons. Fold pastry over cherries to enclose, leaving circle about five inches (12.5 cm) in the middle so that you can still see fruit. Whisk egg yolk with 1 tbsp (15 ml) water then brush over pastry. Sprinkle pastry with sugar. Bake on bottom shelf of preheated oven until a golden colour, about 20 to 23 minutes. Serve warm or at room temperature. Delicious with whipped cream or ice cream. **NEWS CANADA/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

Open-Faced Cherry Tart

Cornmeal adds extra dimension to this crust. NEWS CANADA

Ingredients

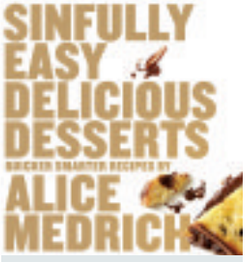
- 1 1/3 cup (325 ml) all purpose flour
- 2 tbsp (30 ml) cornmeal
- 2 tsp (10 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) cold unsalted butter, cubed
- 1/4 cup (50 ml) ice water (approx)
- 1/4 cup (50 ml) finely crumbled Italian macaroons
- 4 cups (1l) California cherries, pitted
- 2 tsp (10 ml) orange peel
- 2 tbsp (30 ml) granulated sugar
- 1/4 tsp (1 ml) cinnamon
- 1/8 tsp (0.5 ml) almond extract (optional)

Glaze:

- 1 egg yolk
- 1 tsp (5 ml) granulated sugar
- Whipped cream or ice cream (optional)

Cookbook of the Week

Sinfully Easy Delicious Desserts



In her book Sinfully Easy Delicious Desserts, Alice Medrich proves that fabulous desserts don't have to require hours of prep.

Not only does the book boast more than 100 ideas for spur-of-the-moment desserts that don't involve baking, it also has tips on seven must-have baking tools, magic ingredients and a guide to the dessert maker's basic pantry.

Meanwhile, foolproof recipes include: Grilled Pineapple with Coffee Ice Cream, Lemon-Scented Peach Crisp, Salted-Caramel Banana Bread Pudding, Coconut Pecan Torte, Bittersweet Brownie Drops, Classic Carrot Cake and more. **METRO**

Indulge in the classic flavours of Sour Cream Coffee Cake

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 325 F. Coat a 12-cup (large) Bundt pan with a bit of vegetable oil or cooking spray (do not use baking spray).

2. Batter: In bowl, combine the butter and sugar. Use an electric mixer to beat until light and fluffy. Add the sour cream, eggs and vanilla, then mix again until well incorporated.

3. Measure and sift together the flour, baking soda, baking powder and salt. Add flour mix to butter-sugar mix a little at a time, mixing between additions and scraping the sides of the bowl as needed, until well mixed. Set aside.

4. Filling: In bowl combine the pecans, brown sugar, granulated sugar, cinnamon and salt. Mix well. Spoon a shallow layer of the filling mixture over the bottom of the Bundt pan. Spoon half the batter into the pan over the filling. Sprinkle all but 1/4 cup of the remaining filling evenly over the batter.

5. Pour the rest of the batter over the filling, smoothing it with a silicone spatula. Sprinkle with the remaining filling. Bake for 50 to 60 minutes, or until the cake pulls away from sides and a toothpick inserted at the centre comes out clean. Start testing for doneness after the cake has baked for 40 minutes since ovens and pans vary in the way they bake. Remove from oven and transfer cake pan to a cooling rack. Let cool before slicing. **THE ASSOCIATED PRESS/ELIZABETH KARMEL (GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK)**

Ingredients

Batter

- 1 cup (2 sticks) unsalted butter
- 1 1/2 cups granulated sugar
- 1 1/4 cups sour cream (not light or non-fat)
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups sifted flour (sift before measuring)
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon fine-grain sea salt

Cinnamon-sugar filling

- 1 cup pecans, chopped
- 3/4 cup packed dark brown sugar
- 1/4 cup granulated sugar
- 1 tablespoon cinnamon
- Pinch of sea salt

Walnut Macarons with Limoncello Buttercream

1. Macarons: Heat oven to 190 C (375 F).

2. In food processor, pulse 175 ml (3/4 cup) of icing sugar and walnut crumbs. Set aside.

3. With stand mixer on medium, whisk egg whites until foamy. Reduce speed to low while adding remaining 50 ml (1/4 cup) icing sugar. Increase speed to high and whisk until stiff peaks form, eight mins. Sift walnut mix over egg whites and gently fold until smooth.

4. If desired, divide batter among three bowls and fold in two drops of food colouring into each bowl before piping.

5. Transfer mix to pastry bag fitted with a 1-cm (1/2-inch) plain round tip, and pipe two-cm (3/4-inch) rounds 2.5 cm (one inch) apart on a parchment paper-lined baking sheet. To flatten peaks, dip finger in water and gently press down on macarons. Tap bottom of each baking sheet to release any trapped air bubbles. Let stand at room temperature for 15 minutes before baking.

6. Place one baking sheet in the oven at a time and reduce temp. to 160 C (325 F). After each batch, increase oven temperature to 190 C (375 F) for five minutes, then reduce back to 160 C (325 F) for the next batch.

7. Buttercream: In stand mixer, add butter, sugar, limoncello and lemon zest and whip on medium-high speed until light and fluffy, 10 mins. Sandwich two similar sized macarons around five ml (1 tsp) of filling.

8. Serve or stack macarons in an airtight container and freeze for up to three months. **THE CANADIAN PRESS/WALNUTINFO.COM**

Ingredients

Macarons

- 250 ml (1 cup) icing sugar, divided
- 175 ml (3/4 cup) walnut crumbs
- 2 large egg whites, room temperature

Limoncello Buttercream

- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) icing sugar
- 45 to 60 ml (3 to 4 tbsp) limoncello
- Zest of 1 lemon

metro
GOLF GUIDE
Thursday, May 24, 2012

Golf can be good exercise, particularly for players who carry their clubs through a round of 18 holes. And the swing motion helps tone the arms, back and shoulders. ISTOCKPHOTO/THINKSTOCK

Enjoy the many benefits of golf

Not just a good walk spoiled. A day on the links tests physical and mental abilities

PETER DOYLE
For Metro

Golf is a unique sport — while it is incredibly difficult to master, it is remarkably easy to play at a beginner's level. And the physical, mental, social and professional benefits of golf are accessible to anyone, regardless of ability.

Physical

Golf can be good exercise, particularly for players who carry their clubs through a round of 18 holes. Even the best golfers will walk five to seven kilometres during a round; beginners with poor aim can expect to walk much more. And given that many courses feature rolling hills, golfers who carry their clubs for 18 holes typically burn more than 400 calories per round.

Golf's swinging motion helps tone the arms, back and shoulders, and increases flexibility and range of motion. Golf can also improve hand-eye co-ordination and balance. As a sport for people of all ages, golf is a great way to get seniors active and to encourage children to take up a lifelong, healthy habit.

Mental

Golf's challenges are as much mental as physical; players must repeatedly focus their attention on striking a ball with a club — a feat that appears relatively easy, but is actually quite difficult. Mastering the ability to concentrate on a single task, particularly in our modern, multi-tasking, hyper-connected era, is extremely beneficial because it carries over into so many other aspects of life. The ability to focus on future opportunities while letting go of recent failures is another valuable mental skill.

Getting out in the great outdoors can be a welcome tonic. For many players, golf relieves stress and serves as an escape from the doldrums of day-to-day life. Research has shown that playing golf releases endorphins — powerful, mood-enhancing hormones — that improve mood and attitude.

Social and professional

Golf can also benefit your social life and professional status. The five hours or more it takes to play 18 holes leaves lots of time for conversation. And most courses stage regular social events, such as tournaments and league nights, that will enable you to play with golfers you don't know. On the professional side, golf has long been associated with forming new business partnerships and closing deals.

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ISTOCKPHOTO/THINKSTOCK

Follow this simple formula

BRIAN KENDALL
For Metro

Golf is even more a mental than physical game. Just as in chess, it's vitally important to think two or three shots ahead. The fewer mental errors you make, the lower your score.

It's not rocket science. If you consistently spray shots with your driver, then on tight holes reach for a three-wood, five-wood or another club that will keep you on the fairway.

Hate playing out of sand? Then always try to play away from bunkers.

Can't chip to save your life? Better to use a putter whenever possible from off the green.

And, yet, most weekend golfers consistently throw away shots by trying to emulate the herculean efforts of PGA pros. But it's far better to accept your limitations. Don't even think of trying a shot you realistically know you have less than a 50 per cent chance of making.

Follow this sensible formula and you will be amazed by how quickly your handicap shrinks.

Golfers now shooting around 90 on average can clear-think their way into the low 80s — and maybe even occasionally sneak into the high 70s. The key is to turn double-bogeys into bogeys and avoid blow-up holes by setting out to play every hole with a common sense plan.

STOCKBYTE/THINKSTOCK

Say, for instance, you are on the tee of a difficult 440-yard par 4. It's not likely you will be able to reach the green in two shots. So why try?

Better to play a smooth three-wood out to the middle of the fairway, and then hit your second shot with whatever club will get you to 80 yards — or so — from the green. All you have to do now is pitch the ball somewhere safely on the green and two-putt for a bogey. You might even sink the putt for par.

Remember, the correct shot is always the one most likely to give you the best results. Keep the ball in play and the double-bogeys and blow-up holes will quickly disappear from your scorecard.

ISTOCKPHOTO/THINKSTOCK

BRIAN KENDALL IS THE AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

What's new. Technology making the game more accessible

JASON MENARD
For Metro

With the world literally in the palm of our hands, we see the benefits of technology each and every day. That commitment to development extends to the links, as new technology has made the game more accessible to players of all abilities.

Darren Allison, a co-owner at Bob Martin's Golf, Ontario's leading independent golf retailer, explained that new club and ball technology can help correct those persistent hitches and kinks in an amateur golfer's swing.

"This year's hottest new advancement is probably TaylorMade's RocketBallz RBZ fairway woods and hybrid clubs," Allison explained. "There are also drivers with an adjustable head for loft and face. You can open it, close it — it's good for the occasional golfer as you can set it to correct a particularly nasty slice."

Ball technology continues to develop, with old standard Titleist still leading the pack. But a surprising name has joined the fray — Bridgestone.

"These balls feature different cores and more layers," Allison explained.

"They're more lively and golf balls are definitely longer than they were 15 years ago."

While not saying that golf technology has reached a plateau, it is going to be harder to find room for improvement due to restrictions in the game's rules.

"It's tough to say what's going to come next. You can't make the club heads any bigger, legally," he said, adding the future may focus on cosmetics. "Some companies are releasing clubs with all-white heads. It's not a game benefit; it's a marketing benefit."

One of the most advantageous pieces of golf technology isn't something you swing or hit — it's something you hold in the palm of your hand.

"GPS and range finders are great tools — they can let you know exactly how far you are away from the pin," Allison explained.

"Most of the courses are mapped out, so all you have to do is search for the course in the menu and you're ready to go."

While GPS uses satellite positioning, laser range finders allow golfers to point to the hole and measure the distance by the laser bouncing back. But no matter what technology you use, Allison explained that there are some things that progress can't fix.

"These things may give you the yardage. But you still have to hit it that distance."

5 keys to a great swing

BRIAN KENDALL
For Metro

Amateur golfers should try to slow their swings down and play within their abilities. ISTOCKPHOTO/THINKSTOCK

Balance
Canadian golf legend George Knudson liked to compare the ideal golf swing to the elegance and perfect balance of a ballet performance by Mikhail Baryshnikov. Many weekend golfers hit consistently poor shots because they lose their balance trying to emulate the rapid-fire swings of PGA Tour stars. Almost all would benefit by slowing things down and playing within their abilities. The goal is to swing with the same smooth rhythm on all shots with all clubs, from driver to putter.

One-Piece Takeaway
The first few inches of the backswing usually determine how effective a shot will be. A low one-piece takeaway — rather than an almost immediate lifting of the club — widens the swing arc, maximizes distance, and improves accuracy. Try to think of the club shaft as a continuation of your lead arm. Hands, arms and the club move smoothly back together as the body begins its natural turn in the backswing.

A Compact Swing
Emulating long-hitting John Daly, high handicappers often take their club well past parallel at the top of the backswing in an attempt to maximize distance. But a shorter and more controlled backswing is far more likely to find the fairway and lead to lower scores. The easiest way to develop a compact swing is by keeping your elbows consistently tight to your body from address to finish. Flailing elbows inevitably lead to sloppy and inconsistent shots.

Stay On Target
Even scratch golfers will occasionally watch mystified as their shots stray off-line. One great way to improve accuracy is by consciously extending the club head down the target line for an instant longer following impact. Extending the impact zone will automatically lead to a full extension on the follow-through and a nice, high finish.

Hold Your Finish
Knudson, one of the premier ball-strikers of his generation, spent more than a year learning to emulate the perfectly balanced finishing position of his hero Ben Hogan.

A smooth finish improves your chances of making a great shot and is the natural conclusion of a successfully executed golf swing. Practise by holding your finishing position until your shots have landed and stopped bouncing. This will force you to finish every swing in perfect balance — just like the pros.

BRIAN KENDALL IS AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

4 steps to better golf

1 Make your mind your best club. Golf demands an equal mix of physical ability and mental focus. To enjoy the game, a player must learn to let go of negative thoughts and approach each shot as a fresh opportunity. A consistent pre-shot routine is essential to mental focus. Once you develop a routine, follow it every time. Visualize each shot — see the ball's flight in your mind's eye. Eliminate negative thoughts, particularly once you begin your swing. If negative thoughts enter your mind, walk away from the shot and start your routine over again.

2 Be a swinger, not a hitter. Hitters tend to use their arms to power the club, while swingers rely on their hips and core. In general, swingers tend to have an easier time of it. Hitters often struggle to hit with just the right amount of force every time. Balance is also an issue — if you have to move your feet during or immediately after a shot, you are not balanced. Use a relaxed grip and swing the club as effortlessly as possible.

3 Swing from your hips: The best golfers use their core: Once they have completed their backswing, their hip muscles initiate the swing. A common misconception is that the harder you swing, the further the ball will travel. In fact, the opposite is true; consistent distance has more to do with balance and alignment than it does with muscle power.

4 Practise like you play: Most people at the driving range hit drive after drive after drive — something they will never do on a real course. Your game will benefit much more if you start with a good warm-up and then hit a mix of different shots. Play pretend holes of various distances. Pick a spot on the range and drive for that spot; if you come up short, add that yardage to your next shot. This way, you might end up hitting a drive, followed by an approach and a pitch or chip shot. If you mis-hit a shot, you will have to recover by hitting another one — much as you would on an actual course.

PETER DOYLE

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Etiquette. It's just as important as score

Regardless of ability or experience, all golfers are expected to follow the etiquette of the game: A series of (mostly) unwritten rules that govern behaviour. Here's quick primer on golf course etiquette:

General
- Arrive early.
- Ensure you have enough balls, tees and clubs.
- Obey all dress codes (most courses do not allow T-shirts and cutoff shorts).
- Control your temper at all times (never throw clubs or shout obscenities).
- Be honest about your score: Count every stroke.

On The Tee
- Always allow the player with the lowest score on the previous hole to hit their tee shot first.
- Remain totally silent and still while a player prepares to hit.

On The Fairway
- Always move to your ball as quickly as possible (as long as you don't interfere with another player's shot).
- If you suspect your ball may be difficult to find, let the rest of your group know that you will go look for your ball and will be ready to hit when it's your turn.
- A golfer should always be ready to play a shot when it's their turn.
- The player furthest from the hole is always next to hit, regardless of how many shots anyone in the group has taken.

On The Green
- Take note of all balls on the green (and on the fringe); never walk on the line between a ball and the hole. Large steps or jumping is to be avoided because it can compress the ground and affect the roll of the ball.
- Always wait for all golfers to hit balls onto the green before removing the flagstick.

PETER DOYLE

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NBA

Tough Sixers force Celtics to Game 7

Jrue Holiday scored 20 points, and Elton Brand had 13 points and 10 rebounds to lead the Philadelphia 76ers past the Celtics, 82-75, on Wednesday night to send the Eastern Conference semifinal back to Boston for Game 7.

No team has won consecutive games in a series where neither team has played well enough to seize control.

Paul Pierce, Kevin Garnett, Ray Allen and Rajon Rondo could be playing their last game together Saturday night if they can't find a way to hang onto the ball and put away a Sixers team that won't quit.

Former 76ers all-star Allen Iverson earned a roaring standing ovation when he presented the game ball. By the end, the fans were on their feet for Holiday, Brand and Andre Iguodala for keeping the eighth-seeded Sixers alive for at least one more game.

Pierce had 24 points and 10 rebounds, and Garnett had 20 points and 11 boards.

THE ASSOCIATED PRESS

Lou Williams celebrates a basket Wednesday in Philadelphia. GETTY IMAGES

The Devils celebrate Ryan Carter's game-winning goal on Wednesday night at Madison Square Garden. GETTY IMAGES

Devils put Rangers on ropes in Game 5

NHL. New Jersey a win away from cup final after Game 5 victory in New York

Game 5

Devils	Rangers
5	3

The Devils turned a stellar first nine minutes and an opportunistic final five into a stirring victory over the Rangers that moved New Jersey within one win of a trip to the Stanley Cup final.

Suddenly, No. 1 seed New York is on the brink — again.

No one would have guessed when Travis Zajac scored 9:49 in to give the Devils a three-goal lead that they would be desperately looking for one more late in the third to hold off the Rangers, who had fought back to tie and appeared to have every bit of the momentum.

But the game, and perhaps the entire Eastern Conference final, changed in the blink of an eye when Ryan Carter put the Devils in front to stay.

Carter snapped a tie with 4:24 left, and New Jersey survived en route to a 5-3 victory over New York after blowing a three-goal lead in Game 5 of the Eastern Conference final on Wednesday night.

The rugged fourth-liner, who had only four goals and four assists in 72 games with Florida and New Jersey, already has three goals in the playoffs, including two in the East final.

The Devils, who led 3-0 before the first period was half over, have a 3-2 edge in the series and can advance to face Los Angeles in the final with a win at home on Friday.

"It's a good feeling," goalie Martin Brodeur said of the Devils' status. "We worked really hard to get in that position. (There's been) a lot of unsung heroes and guys producing at different times.

"Nothing is done yet."

The Devils seemed primed for an easy win when Stephen Gionta and Patrik Elias scored within the first 4:13. Travis Zajac made it 3-0 before the Rangers woke up and began chipping away.

Brandon Prust brought New York within 3-1 before the first period was over, and Ryan Callahan made it a one-goal game in the first minute of the second. The Garden really rocked when Marian Gaborik tied it at 3-3 just 17 seconds into the third.

But the comeback was for naught. Carter put the Devils back in front, and Zach Parise sealed it with an empty-net goal.

THE ASSOCIATED PRESS

Conquering Kings set sights on Stanley

The Kings celebrate their game-winning goal Tuesday in Glendale, Ariz.
ROSS D. FRANKLIN/THE ASSOCIATED PRESS

The crowd was dozens deep and hundreds wide, screaming and chanting and surrounding the Los Angeles Kings' cars as they drove home after writing another chapter in the mostly empty book that holds their franchise history.

About 4,000 fans showed up at LAX Wednesday morning to welcome the Western Conference champions back from Arizona. Even Game 5 hero Dustin Penner was awestruck.

"It was like driving down a hallway lined with human flesh," said Penner, who scored the overtime goal that sent the Kings to the Stanley Cup final.

Quoted

"That was a great team effort to get to where we are right now. I couldn't be happier for this group of guys."

Jonathan Quick, Kings goaltender.

"You couldn't see anything except people.... It's not something that anyone will forget, ever, on this Kings team."

A remarkable story is unfolding in Los Angeles, and it's happening at the ideal time. Few NHL teams have ever peaked in the post-season more perfectly than the eighth-seeded Kings, and now they're four wins away from the franchise's first title.

After a regular season rocked by struggles and major changes, the eighth-seeded Kings have turned into the powerhouse they expected to be all along. Los Angeles needed only a league record-tying 14 playoff games to reach its first cup final since 1993, outscoring its opponents 41-22 and culminating with a five-game win over the Coyotes.

THE ASSOCIATED PRESS

4 SPORTS

Cycling

"Now, I think Ryder Hesjedal is the great favourite. Today he was able not to lose any seconds, and if the gaps stay like this ... I won't have any chance against him in the Milan individual time trial."

Joaquin Rodriguez, who won the tough 17th stage of the Giro d'Italia on Wednesday to keep his grip on the overall lead. Victoria native Ryder Hesjedal remained 30 seconds behind Rodriguez in the race for the pink jersey, which the Spaniard will wear for a seventh day on Thursday.

On the web

World and Olympic records have already fallen at the feet of Jamaican sprinter Usain Bolt. So how does he plan to top himself in London? By improving on his only weakness. Scan the code for the story.

Sports in pictures

1 Soccer. Toronto FC takes Canadian championship

Reggie Lambe scored in the 83rd minute to give Toronto FC a 1-0 win in the Amway Canadian Championship final Wednesday.
THE CANADIAN PRESS

2 MLB. Phillies' Hamels flirts with no-hitter

Cole Hamels pitched eight scoreless innings, as the Philadelphia Phillies snapped a four-game slide Wednesday with a 4-1 win over the Washington Nationals. Hamels didn't allow a hit until the sixth.
THE ASSOCIATED PRESS

3 Memorial Cup. Sea Dogs clinch spot in semifinals

Jonathan Huberdeau had two goals and an assist and the defending Memorial Cup champion Saint John Sea Dogs defeated the host Shawinigan Cataractes 4-1 on Wednesday night. Saint John earned a spot in the tournament semifinal on Friday with the win.
THE CANADIAN PRESS

NFL

Players allege cap 'conspiracy'

The players' union claimed Wednesday that the NFL imposed a secret salary cap during the uncapped 2010 season that cost the players at least $1 billion US. The complaint claims a "conspiracy" was made by owners to set a $123-million cap. THE ASSOCIATED PRESS

NHL

Vigneault staying in Vancouver

Speculation on Alain Vigneault's future with the Vancouver Canucks ended when the veteran coach signed a contract extension with the club on Wednesday.

The Canucks posted the NHL's best record the last two seasons under Vigneault, but his status was unclear after being bounced in the first round of the playoffs by Los Angeles. THE CANADIAN PRESS

Alain Vigneault GETTY IMAGES

NHL

"I believe I coached with tomorrow in mind as opposed to today and that might have hurt me."

Tom Renney on Wednesday.
The Oilers, a team nearing the end of a lengthy rebuild, decided not to renew Renney's contract last week.

NBA

James tops defensive team

LeBron James was the leading vote-getter for the NBA's all-defensive team. Thunder forward Serge Ibaka, Clippers guard Chris Paul, Grizzlies guard Tony Allen and Magic centre Dwight Howard joined James on the first team Wednesday.
THE ASSOCIATED PRESS

Out of control in Florida

MLB. Command issues continue to plague Romero as Blue Jays drop 2 of 3 to Rays

Ricky Romero has no answers for his control problems.

Romero walked a career-high seven in six-plus innings for Toronto, and B.J. Upton hit an RBI double in the 11th that sent the Tampa Bay Rays to a 5-4 win over the Blue Jays on Wednesday.

Romero gave up four runs and two hits. The left-hander, who also hit a batter, has walked 21 over his last four starts.

"I can't explain it," Romero said. "It's frustrating. I've just got to keep working. This game takes a lot out of you mentally, more than physically. I'm trying to fix things and it's just not going my way."

Romero threw just 54 of 105 pitches for strikes.

"The issue is with the command, particularly his fastball," Toronto manager John Farrell said. "He threw his secondary pitches for strikes. It allowed him to get back into some counts."

In his previous three starts, Romero walked five twice and four once.

Rich Thompson was hit by a pitch by Darren Oliver (0-2) to start the 11th and scored on Upton's one-out drive into the left-field corner.

Jake McGee (1-1) struck out two during a perfect 11th.

The Rays nearly won it in the ninth on Drew Sutton's two-out infield single, but second baseman Omar Vizquel threw out Carlos Pena, who tried to score from second on the play.

After Jose Bautista doubled with one out in the eighth, Joel Peralta replaced James Shields and gave up a two-run homer to Edwin Encarnacion that tied it 4-4.

Shields, who was looking for his seventh win of the season, allowed three runs and seven hits over 7 1/3 innings. He struck out 10 and walked one.

Tampa Bay took a 2-1 lead during the first when Sutton's double off Romero scored Pena and Matt Joyce, who both walked. Joyce and Luke Scott both had RBI grounders as the Rays extended the lead to 4-1 in the third.

Bautista put the Blue Jays up 1-0 on his 12th homer in the first. He has seven homers and 14 RBIs over his last 13 games.

Yan Gomes hit a fifth-inning sacrifice fly that got Toronto within 4-2.

Toronto second baseman Kelly Johnson left the game in the ninth with left hamstring tightness. THE ASSOCIATED PRESS

Wednesday's game

Rays	Blue Jays
5	4

Rays second baseman Will Rhymes throws over Toronto's Edwin Encarnacion for a double play on Wednesday.
CHRIS O'MEARA/THE ASSOCIATED PRESS

Quoted

"I beat myself, again."
Jays left-hander Ricky Romero after a fourth-straight tough outing Wednesday.

By the numbers

15

Tampa Bay has now won 15 consecutive series at home against Toronto.

Clemens trial. Judge talks of ordering Segui to testify

Prosecutors finally have some momentum in their perjury case against Roger Clemens, even if it means dragging in former major leaguer David Segui, a witness who is apparently very reluctant to testify.

U.S. District Judge Reggie Walton indicated Wednesday he was leaning towards allowing prosecutors to call Segui. Segui is expected to say that sometime around 2001 he was told by Clemens' strength coach, Brian McNamee, that McNamee had saved evidence from injections of players to placate an upset wife.

Quoted

"If he doesn't show up, he'll be arrested like anyone else."
U.S. District Judge Reggie Walton on David Segui.

That would be consistent with McNamee's testimony last week — that he kept waste from an alleged steroids injection of Clemens in 2001 and stored it in a beer can to soothe things over at home.
THE ASSOCIATED PRESS

MLB

Selig happy to leave video alone

Baseball commissioner Bud Selig said Wednesday he doesn't think more video review of calls is needed, at least not right now.

Previously reluctant to add replay, Selig instituted it in August 2008 for boundary calls on potential home runs, such as whether balls went over the fence or were fair. MLB sought to increase video review this season to include trapped balls, fair-or-foul rulings down the lines and fan interference all over the ballpark.
THE ASSOCIATED PRESS

NBA. Bird lashes out at Pacers after 'soft' effort

Larry Bird called the Indiana Pacers soft.

Bird told the Indianapolis Star Wednesday that he "can't believe (his) team went soft" after the Pacers were beaten 115-83 in Game 5 of their second-round series Tuesday night against the Miami Heat.

Miami leads 3-2 with Game 6 on Thursday in Indianapolis.

Tuesday's game was marred by three flagrant fouls — one from Indiana's Tyler Hansbrough against Dwyane Wade and another by Miami's Udonis Haslem against Hansbrough. The last was a particularly hard play by Heat centre Dexter Pittman against the Pacers' Lance Stephenson in the final seconds. THE ASSOCIATED PRESS

Cooling them down

Miami's Udonis Haslem was suspended for Game 6 on Wednesday for his flagrant foul in Game 5.

- Heat centre Dexter Pittman will miss three games due to a hard foul committed in the same game.

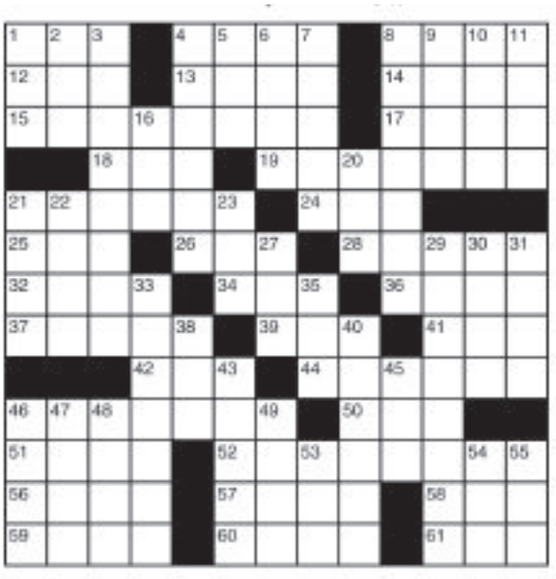
Crossword

Across

1 Suitable
4 Antitoxins
8 Govt. employees
12 Private address?
13 Mideast airline
14 Detail
15 Overflowing
17 Waikiki wing-ding
18 Cover
19 Sudden big profit
21 Dormant
24 "Opus —"
25 "The Greatest"
26 Encountered
28 Erstwhile Peruvians
32 "Monopoly" payment
34 Corn spike
36 Steps leading to the Ganges
37 Kelly's cohost
39 Front of the ship
41 George's brother
42 Privy
44 The Pequod, e.g.
46 Star status
50 Under the weather
51 Jai —
52 Old British coin
56 Pelt
57 Architect Saarinen
58 Ultra-modernist
59 Suspend
60 Abound
61 Chatter away

Down

1 Pompous fool
2 "Great Expectations" lad
3 Literary critic Lionel
4 Hardly ever
5 Inventor Whitney
6 Standing
7 Cold
8 Cavity remedy
9 Needle case
10 Jerry's longtime partner
11 Complacent
16 Abner's adjective
20 Mainlanders' memento
21 Klinger portrayer
22 Sheltered
23 Teeny
27 Bill
29 Like horror movies
30 Swiss river
31 Constellation component
33 Farm chore
35 Tier
38 — -disant
40 Erstwhile
43 Beginning
45 Every last crumb
46 Wild party
47 Chase of Hollywood lore
48 Reclined
49 Clarified butter
53 Rage
54 Teachers' org.
55 Sailor



Sudoku

	1		2		9		6	
7								2
		2		6		7		
	3	9		4		6	8	
	6			9			5	
	5	4		8		3	7	
		1		5		4		
9								8
	7		4		3		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	4	1	2	3	9	5	8	7
7	8	2	4	5	1	6	9	3
3	5	9	6	8	7	4	1	2
5	1	8	7	2	6	9	3	4
4	2	3	9	1	8	7	6	5
9	7	6	5	4	3	8	2	1
1	9	4	8	7	2	3	5	6
8	3	7	1	6	5	2	4	9
2	6	5	3	9	4	1	7	8

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

RNWWXRUTF YT YGMOLG'R DXZ ZLGL RALLQAE CLRUFTLC, U FNLRR UH JUFOH DL QTXZT YR YGGXZ-CETYJUM.

Yesterday's Cryptoquip: HAVING RECENTLY STARTED ON HER WICKER BASKET PROJECT, SHE REPORTED "WEAVE ONLY JUST BEGUN."

Today's Cryptoquip Clue: R equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 9°/-1° Variable
Friday 15°/2° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MBC data

Horoscope

Aries | March 21 - April 20. If you have something worth saying — and you do — people will listen no matter how unconventional your message may be.

Taurus | April 21 - May 21. You believe that fate has not been fair to you. Stop feeling sorry for yourself and make your talents pay.

Gemini | May 22 - June 20. Mercury, your ruler, joins the Sun in your sign today. It means a new start and a new life is possible.

Cancer | June 21 - July 22. If you use your imagination today, you will come up with a solution to a problem that has been annoying you for months, maybe years.

Leo | July 23 - Aug. 22. Any place where there is music and laughter will attract you like a moth to the flame over the next 24 hours.

Virgo | Aug. 23 - Sept. 22. Changes in your working life will be forced on you over the next few weeks but you must not resist them. They're changes for the better.

Libra | Sept. 23 - Oct. 22. Mercury in Gemini will make it easy for you to change an idea or an opinion that is past its sell-by date.

Scorpio | Oct. 23 - Nov. 21. While other people were changing their minds every few minutes you resolutely stuck to your guns — and now it's about to pay off.

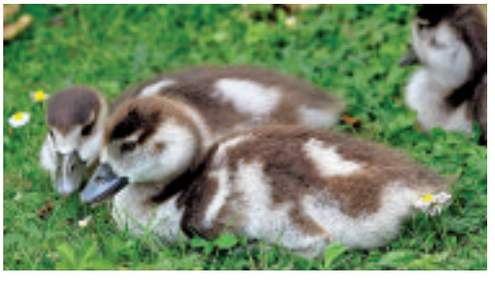
Sagittarius | Nov. 22 - Dec. 21. Yes, other people may have the upper hand but that does not mean you cannot do your own thing.

Capricorn | Dec. 22 - Jan 20. This is the perfect time to start a new health or fitness program. You know what your goal is.

Aquarius | Jan. 21 - Feb 18. You can afford to take risks. You can afford to bend the rules a little. Put a name to your dream and go after it.

Pisces | Feb. 19 - March 20. You are in the mood to make changes but if they are likely to affect other people you must consult them first. They won't stand in your way.

SALLY BROMPTON



Caption Contest

"We refuse to quack a joke."
Briann

KRISTY WIGGLESWORTH/THE ASSOCIATED PRESS

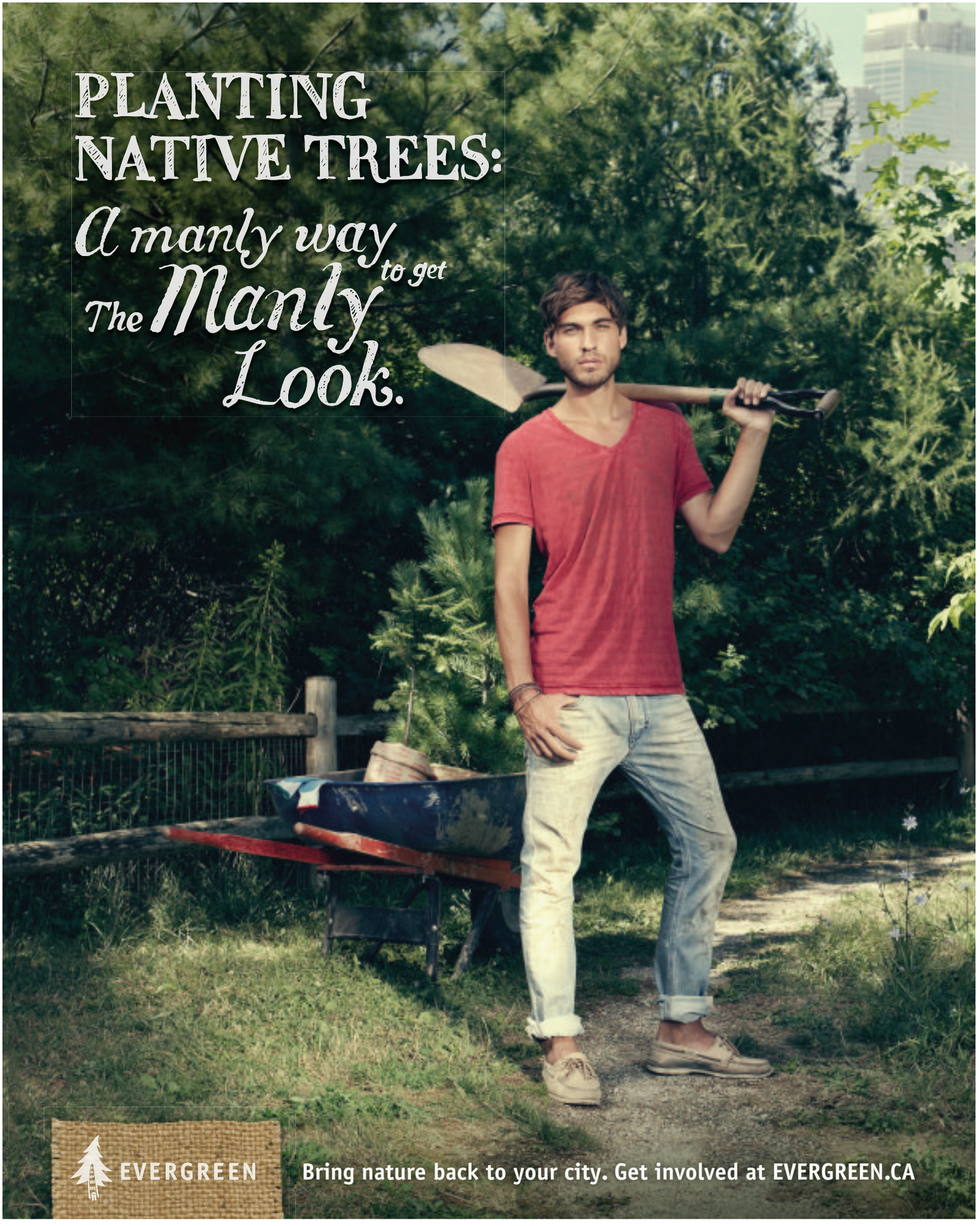
Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard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